## In the Claims

Claims 1-4, 9-17 and 25-31 are pending in the application.

Claims 1-4, 9-17 and 25 are allowed.

Claims 26 to 31 are rejected.

## Explanation of Amendments in the Claims:

(previously presented) An article of footwear comprising:
an outsole for engaging the ground;

an insole having an average durometer as measured on the Ashore hardness scale of at least 6; and

a shoe body supported on the outsole, including an internal foot bed comprising a space with an internal height arranged to receive both the insole and a foot of a person therein;

the insole having a depth which is at least 3/8 inch at a metatarsal region thereof and being received in the internal foot bed so as to be arranged for supporting the foot of the person thereon:

the internal height of the internal foot bed being at least 2 inches at the metatarsal region and being arranged such that:

a ratio of the internal height of the internal foot bed at the metatarsal region to a length of the internal foot bed is at least 0.2; and

a ratio of the internal height of the internal foot bed at the metatarsal region to a width of the internal foot bed at the metatarsal region is at least 0.55.

- 2. (original) The article of footwear according to Claim 1 wherein the insole is selectively separable from the outsole for replacement thereof.
- (original) The article of footwear according to Claim 1 wherein thickness of the insole at the metatarsal region and at a centre of a heel region are substantially identical
- 4. (previously presented) The article of footwear according to Claim 3 wherein thickness at an arch of the insole is at least two times greater than thickness at the heel region.

## 5. (cancelled)

- 6. (cancelled)
- 7. (cancelled)
- 8. (cancelled)
- 9. (original) The article of footwear according to Claim 1 wherein the insole comprises an insole body and at least one insert arranged to be received within the insole body and having a durometer which varies from durometer of the insole body.
- 10. (original) The article of footwear according to Claim 9 wherein said at least one insert includes a metatarsal insert which is located at a metatarsal region of the insole.
- 11. (previously presented) The article of footwear according to Claim 10 wherein the metatarsal insert is stiffer than the insole body.
- 12. (original) The article of footwear according to Claim 9 wherein said at least one insert includes a heel and arch insert which spans a heel region and an arch region of the insole.
- 13. (original) The article of footwear according to Claim 12 wherein the heel and arch insert is less stiff than the insole body.
- 14. (original) The article of footwear according to Claim 1 wherein the insole comprises an insole body, having a hardness measured on the Ashore hardness scale between 15 and 20, receiving a metatarsal insert, having a hardness measured on the Ashore hardness scale between 15 and 34, at a metatarsal region of the insole and a heel and arch insert, having a hardness measured on the Ashore hardness scale between 8 and 25, spanning a heel region and an arch region of the insole, the insole having a minimum thickness of 3/8 inch throughout.
- 15. (original) The article of footwear according to Claim 1 wherein the insole is raised upwardly on opposing sides at a metatarsal region thereof.
  - 16. (original) The article of footwear according to Claim 1 wherein the insole

has an average thickness between 3/8 of an inch and 3/4 of an inch.

17. (original) The article of footwear according to Claim 1 wherein the insole has a minimum thickness of approximately 1/2 inch.

- 18. (cancelled)
- 19. (cancelled)
- 20. (cancelled)
- 21. (cancelled)
- 22. (cancelled)
- 23. (cancelled)
- 24. (cancelled)

25. (previously presented) The article of footwear according to Claim 1 wherein the internal height of the internal foot bed corresponds to a height of a shoe last about which the article of footwear is formed

- 26. (cancelled)
- 27. (cancelled)
- 28. (cancelled)
- 29. (cancelled)
- 30. (cancelled)
- 31. (cancelled)